

Take the **Booster Seat YES Test**

A booster seat provides the best protection for an older child in a sudden stop or crash. An adult seat belt alone doesn't fit a child's body properly. Without a booster seat, an adult seat belt rides too high on a child's belly and neck. This can cause serious injuries to a child in a crash. **Use the YES test to help you decide when your child is ready for a booster seat, and to learn how to use one correctly.**

Who should be in a booster seat?

- Once a child has reached the maximum forward-facing weight or height limit of their car seat (as stated by the manufacturer), they should move into a booster seat.
- A child is safest in a booster seat until they reach the maximum weight or height limit of the seat (as stated by the manufacturer).

Getting ready

If you check YES to **all** of these points, your child is safest in a booster seat:

- My child has reached the manufacturer's weight or height limit for the forward-facing car seat.
- My child weighs more than 18 kg (40 lbs.).
- My child is less than 145 cm (4 foot 9 inches) tall.

Choosing a booster seat

A booster seat can only be used with a lap-shoulder seat belt. To find the best booster seat for your child, decide where in the back seat your child will sit. Check to see if that vehicle seat has a head rest (head restraint):

- The vehicle seat **DOES NOT** have a head rest.
Choose:
 - a **high back booster** to give the child head and neck support. Some car seats convert from a forward-facing seat with a 5-point harness to a high back booster seat. Some high back booster seats have a head and neck support that can be adjusted as your child grows.
- The vehicle seat **HAS** a head rest.
Choose:
 - a **high back booster** or
 - a **backless booster** that has a seat base with arm rests. This style of booster works well in a vehicle seat with a head rest.



High back booster



Backless booster

Using a booster seat correctly

Use the booster seat for every ride. You're using the booster seat correctly when you can check YES to all of these points:

- I've read the booster seat instructions and the vehicle owner's manual.
- The booster seat is in the back seat of the vehicle.
- The shoulder belt is across the centre of my child's chest and the lap belt is across my child's hips.
- My child's booster seat is never placed in front of an airbag.

Moving to a seat belt

Your child is safest in a booster seat until they reach the maximum weight or height limit of the booster seat (as stated by the manufacturer). A child is ready to ride in the vehicle without a booster seat when the vehicle seat belt fits properly. This is typically when a child is 145 cm (4 feet 9 inches) tall and between 8 and 12 years of age.

The seat belt fits your child properly when:

- They are at least 145 cm (4 feet 9 inches) tall.
- Their knees bend comfortably at the edge of the seat when sitting all the way back.
- The lap belt stays low and snug across the hip bones.
- The shoulder belt crosses the chest and stays between your child's neck and shoulder.
- They can sit like this for the whole trip without slouching.

Until you can check all 5 boxes, your child should continue to use a booster seat.



Did you know?

- Booster seats are the safest choice for children who have outgrown their forward-facing car seats.
- Using a booster seat until the vehicle seat belt fits properly provides the safest ride.
- A child is 3 1/2 times more likely to be hurt in a crash when using an adult seat belt alone than when buckled in a booster seat.
- **All children under the age of 13 are safest riding in the back seat.**

For more information:

- go to www.healthyparentshealthychildren.ca (search for car seats)
- go to www.myhealth.alberta.ca (search for car seats)
- call Health Link at 811

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